

### **AMENDMENTS TO THE CLAIMS**

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104. (Currently Amended) A method for assisting an individual to monitor, control and modify certain aspects of the individual's physiological status according to a preset physiological status goal, said individual wearing a wearable physiological monitoring device, the method comprising:

establishing said physiological status goal according to certain ~~selectable~~ physiological parameters of said individual;

generating data with said wearable device, said generated data indicative of a first parameter of said individual wearing said wearable physiological monitoring device;

generating data indicative of a second parameter of said individual with at least one of said wearable device and a second device;

receiving data related to the life activities of said individual;

calculating, from said first and second parameters, quantitative status information

indicative of the relative degree of achievement of said individual's performance with relation to

said physiological status goal ~~from said data indicative of said first and second parameters;~~

generating individual status information relating to the status of said individual from said

life activities data; and

communicating to a recipient said ~~determined~~ calculated quantitative status information  
regarding said individual and said individual status information,

wherein said first and second parameters are ~~generated~~ produced by at least one of said  
individual's body and the environment adjacent said individual's body.

105. (Previously Presented) A method according to claim 104, wherein said  
physiological status goal comprises a plurality of categories.

106. (Previously Presented) A method according to claim 105, wherein said  
quantitative status information is determined and provided with respect to each of said  
categories.

107. (Previously Presented) A method according to claim 106, wherein said categories  
relate to two or more of nutrition, activity level, mind centering, sleep, and daily activities.

108. (Currently Amended) A method according to claim 104, wherein said ~~providing~~ communicating step comprises providing at least a portion of said quantitative status information in graphical form.

109. (Currently Amended) A method according to claim 104, wherein at least two sensors selected from the group consisting of physiological sensors and contextual sensors are in electrical communication with at least one of said wearable device and said second device, said sensors generating said data indicative of ~~at least~~ a first parameter and ~~a~~ said data indicative of a second parameter of said individual.

110. (Currently Amended) A method according to claim 109, ~~said generating step~~ further comprising generating derived data based on said data indicative of ~~at least a first~~ parameter and said data indicative of a second parameter of said individual, ~~said one or more measured parameters including said derived data~~.

111. (Currently Amended) A method according to claim ~~109~~ 110, ~~said data indicative of one or more measured parameters including said data indicative of at least a first parameter and a second parameter, said using step further comprising generating derived data based on said data indicative of at least a first parameter and a second parameter and~~ further comprising the additional step of using at least said derived data to determine said quantitative status information.

112. (Previously Presented) A method according to claim 110, said at least two sensors being chosen from the group consisting of respiration sensors, temperature sensors, heat flux sensors, body conductance sensors, body resistance sensors, body potential sensors, brain activity sensors, blood pressure sensors, body impedance sensors, body motion sensors, oxygen consumption sensors, body chemistry sensors, body position sensors, body pressure sensors, light absorption sensors, piezoelectric sensors, electrochemical sensors, strain gauges, and optical sensors.

113. (Currently Amended) A method according to claim 110, said at least two sensors being two of a body motion sensors adapted to generate data indicative of motion, a skin conductance sensor adapted to generate data indicative of the resistance of said individual's skin to electric current, a heat flux sensor adapted to generate data indicative of heat flow, a body potential sensor adapted to generate data indicative of heart beats or muscle or brain activity of said individual, and a temperature sensor adapted to generate data indicative of a temperature of said individual's skin, said data indicative of ~~at least~~ a first parameter and said data indicative of a second parameter comprising at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats or muscle or brain activity and said data indicative of a temperature of said individual's skin.



114. (Previously Presented) A method according to claim 110, wherein said derived data comprises data relating to at least one of activity level, sleep, nutrition, stress level and relaxation level.

115 (Previously Presented) A method according to claim 113, said at least two sensors being said body motion sensor and said heat flux sensor, wherein said derived data comprises data relating to calories burned and is generated using at least said data indicative of motion and said data indicative of heat flow.

116. (Currently Amended) A method according to claim ~~115~~109, said at least two sensors comprising at least one ~~further including said~~ skin conductance sensor, ~~wherein said data relating to calories burned is generated using at least said data indicative of motion, said data indicative of heat flow and said~~ generating data indicative of the resistance of said individual's skin to electric current.

117. (Previously Presented) A method according to claim 111, said at least two sensors being chosen from the group consisting of respiration sensors, temperature sensors, heat flux sensors, body conductance sensors, body resistance sensors, body potential sensors, brain activity sensors. blood pressure sensors, body impedance sensors, body motion sensors, oxygen consumption sensors, body chemistry sensors, body position sensors, body pressure sensors, light absorption sensors, piezoelectric sensors, electrochemical sensors, strain gauges, and optical sensors.

118. (Currently Amended) A method according to claim 111, said at least two sensors being two of a body motion sensors adapted to generate data indicative of motion, a skin conductance sensor adapted to generate data indicative of the resistance of said individual's skin to electric current, a heat flux sensor adapted to generate data indicative of heat flow, a body potential sensor adapted to generate data indicative of heart beats or muscle or brain activity of said individual, and a temperature sensor adapted to generate data indicative of a temperature of said individual's skin, said data indicative of ~~at least~~ a first parameter and said data indicative of a second parameter comprising at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats or muscle or brain activity and said data indicative of a temperature of said individual's skin.

119. (Previously Presented) A method according to claim 111, wherein said derived data comprises data relating to at least one of activity level, sleep, nutrition, stress level and relaxation level.

120. (Previously Presented) A method according to claim 118, said at least two sensors being said body motion sensor and said heat flux sensor, wherein said derived data comprises data relating to calories burned and is generated using at least said data indicative of motion and said data indicative of heat flow.

121. (Currently Amendment) A method according to claim ~~120~~ 118, wherein one of at least said at least two sensors ~~further including~~ further comprises said skin conductance sensor;

~~wherein said data relating to calories burned is generated using at least said data indicative of motion, said data indicative of heat flow and said~~ which generates data indicative of the resistance of said individual's skin to electric current.

122. (Currently Amended) A method according to claim 104, further comprising the step of aggregating at least one of said data indicative of a first parameter of said individual, said data indicative of a second parameter of said individual, and said quantitative status information ~~one or more measured parameters~~ with data collected from a plurality of individuals to create aggregate data.

123. (Previously Presented) A method according to claim 122, further comprising the step of creating reports based on said aggregate data.

124. (Currently Amended) A method for assisting an individual to monitor, control and modify certain aspects of the individual's physiological status according to a preset physiological status goal, said individual wearing a wearable physiological monitoring device, the method comprising:

establishing said physiological status goal according to certain ~~selectable~~ physiological parameters of said individual;

generating data with said wearable device, said generated data indicative of a first parameter of said individual wearing said wearable physiological monitoring device;

generating data indicative of a second parameter of said individual with at least one of said wearable device and a second device;

calculating, directly from said first and second parameters, quantitative status information indicative of the relative degree of achievement of said individual's performance with relation to said physiological status goal ~~from said data indicative of said first and second parameters~~; and

communicating to a recipient said ~~determined~~ calculated quantitative status information indicative of a suggested change in said individual's performance to assist said individual in the achievement of said physiological status goal,

wherein said first and second parameters are produced by at least one of said individual's body and the environment adjacent said individual's body.

125. (Currently Amended) A method according to claim 124, wherein at least two sensors selected from the group consisting of physiological sensors and contextual sensors are in electrical communication with at least one of said wearable device and said second device, said sensors generating said data indicative of ~~at least~~ a first parameter and said data indicative of a second parameter of said individual.

126. (Currently Amended) A method according to claim 125, ~~said generating step~~ further comprising generating derived data based on said data indicative of ~~at least~~ a first parameter and said data indicative of a second parameter. ~~said one or more measured parameters including said derived data.~~

127. (Currently Amended) A method according to claim ~~125~~ 126, ~~said data indicative of one or more measured parameters including said data indicative of at least a first parameter and a~~

~~second parameter, said using step further comprising generating derived data based on said data~~  
~~indicative of at least a first parameter and a second parameter and further comprising the step of~~  
~~using at least said derived data to determine said relative degree of achievement~~  
quantitative  
status data.

128. (Canceled)

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136. (Canceled)

137. (Previously Presented) A method according to claim 126, said at least two sensors being chosen from the group consisting of respiration sensors, temperature sensors, heat flux sensors, body conductance sensors, body resistance sensors, body potential sensors, brain activity sensors, blood pressure sensors, body impedance sensors, body motion sensors, oxygen consumption sensors, body chemistry sensors, body position sensors, body pressure sensors, light absorption sensors, piezoelectric sensors, electrochemical sensors, strain gauges, and optical sensors.

138. (Currently Amended) A method according to claim 126, said at least two sensors being two of a body motion sensors adapted to generate data indicative of motion, a skin conductance sensor adapted to generate data indicative of the resistance of said individual's skin to electric current, a heat flux sensor adapted to generate data indicative of heat flow, a body potential sensor adapted to generate data indicative of heart beats or muscle or brain activity of said individual, and a temperature sensor adapted to generate data indicative of a temperature of said individual's skin, said data indicative of ~~at least~~ a first parameter and said data indicative of a second parameter comprising at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats or muscle or brain activity and said data indicative of a temperature of said individual's skin.

139. (Previously Presented) A method according to claim 126, wherein said derived data comprises data relating to at least one of activity level, sleep, nutrition, stress level and relaxation level.

140. (Previously Presented) A method according to claim 138, said at least two sensors being said body motion sensor and said heat flux sensor, wherein said derived data comprises data relating to calories burned and is generated using at least said data indicative of motion and said data indicative of heat flow.

141. (Currently Amended) A method according to claim ~~140~~138, said at least two sensors ~~further including said~~ comprising a body motion sensor and skin conductance sensor, wherein said derived data comprises data relating to calories burned, wherein said data relating to calories burned is generated using at least said data indicative of motion, ~~said data indicative of heat flow~~ and said data indicative of resistance of said individual's skin to electric current.

142. (Previously Presented) A method according to claim 127, said at least two sensors being chosen from the group consisting of respiration sensors, temperature sensors, heat flux sensors, body conductance sensors, body resistance sensors, body potential sensors, brain activity sensors, blood pressure sensors, body impedance sensors, body motion sensors, oxygen consumption sensors, body chemistry sensors, body position sensors, body pressure sensors, light absorption sensors, piezoelectric sensors, electrochemical sensors, strain gauges, and optical sensors.

143. (Currently Amended) A method according to claim 127, said at least two sensors being two of a body motion sensor adapted to generate data indicative of motion, a skin conductance sensor adapted to generate data indicative of the resistance of said individual's skin to electric current, a heat flux sensor adapted to generate data indicative of heat flow, a body potential sensor adapted to generate data indicative of heart beats or muscle or brain activity of said individual, and a temperature sensor adapted to generate data indicative of a temperature of said individual's skin, said data indicative of ~~at least a first parameter and~~ said data indicative of a second parameter comprising at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats or muscle or brain activity and said data indicative of a temperature of said individual's skin.

144. (Previously Presented) A method according to claim 127, wherein said derived data comprises data relating to at least one of activity level, sleep, nutrition, stress level and relaxation level.

145. (Previously Presented) A method according to claim 143, said at least two sensors being said body motion sensor and said heat flux sensor, wherein said derived data comprises data relating to calories burned and is generated using at least said data indicative of motion and said data indicative of heat flow.

146. (Currently Amended) A method according to claim ~~145~~ 143, said at least two sensors ~~further including comprising~~ said skin conductance sensor and a body motion sensor,



wherein said derived data comprises data related to calories burned, and wherein said data relating to calories burned is generated using at least said data indicative of motion, ~~said data indicative of heat flow~~ and said data indicative of resistance of said individual's skin to electric current.

147. (Previously Presented) A method according to claim 104, said wearable physiological monitoring device being part of an armband.

148. (Previously Presented) A method according to claim 104, said wearable physiological monitoring device being part of a garment.

149. (Currently Amended) A method according to claim 104, said wearable physiological monitoring device having at least two sensors, said at least two sensors being two of a body motion sensor adapted to generate data indicative of motion, a skin conductance sensor adapted to generate data indicative of the resistance of said individual's skin to electric current, a heat flux sensor adapted to generate data indicative of heat flow, a body potential sensor adapted to generate data indicative of heart beats or muscle or brain activity of said individual, a temperature sensor adapted to generate data indicative of a temperature of said individual's skin, an impedance sensor adapted to generate data indicative of an impedance of said individual's body, and a pulse rate sensor adapted to generate data indicative of a pulse rate of said individual, said physiological monitoring device generating at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats or muscle or brain activity, said data

indicative of a temperature of said individual's skin, said data indicative of impedance, and said data indicative of pulse rate when worn by said individual; said data indicative of ~~one or more measured parameters~~ a first parameter and said data indicative of a second parameter being generated using said at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats or muscle or brain activity, said data indicative of a temperature of said individual's skin, said data indicative of impedance, and said data indicative of pulse rate.

150. (Previously Presented) A method according to claim 124, said wearable physiological monitoring device being part of an armband.

151. (Previously Presented) A method according to claim 124, said wearable physiological monitoring device being part of a garment.

152. (Currently Amended) A method according to claim 124, said wearable physiological monitoring device having at least two sensors, said at least two sensors being two of a body motion sensor adapted to generate data indicative of motion, a skin conductance sensor adapted to generate data indicative of the resistance of said individual's skin to electric current, a heat flux sensor adapted to generate data indicative of heat flow, a body potential sensor adapted to generate data indicative of heart beats or muscle or brain activity of said individual, a temperature sensor adapted to generate data indicative of a temperature of said individual's skin, an impedance sensor adapted to generate data indicative of an impedance of said individual's body, and a pulse rate sensor adapted to generate data indicative of a pulse rate of said

individual, said physiological monitoring device generating at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats or muscle or brain activity, said data indicative of a temperature of said individual's skin, said data indicative of impedance, and said data indicative of pulse rate when worn by said individual; said data indicative of ~~one or more measured parameters~~ a first parameter and said data indicative of a second parameter being generated using said at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats or muscle or brain activity, said data indicative of a temperature of said individual's skin, said data indicative of impedance, and said data indicative of pulse rate.

153. (Canceled)

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159. (Canceled)

160. (Canceled)

161. (Previously Presented) A method according to claim 113, said at least two sensors being said body motion sensor and said body potential sensor, wherein said derived data comprises data relating to calories burned and is generated using at least said data indicative of motion and said data indicative of heart beats.

162. (Previously Presented) A method according to claim 118, said at least two sensors being said body motion sensor and said body potential sensor, wherein said derived data comprises data relating to calories burned and is generated using at least said data indicative of motion and said data indicative of heart beats.

163. (Previously Presented) A method according to claim 138, said at least two sensors being said body motion sensor and said body potential sensor, wherein said derived data comprises data relating to calories burned and is generated using at least said data indicative of motion and said data indicative of heart beats.

164. (Previously Presented) A method according to claim 143, said at least two sensors being said body motion sensor and said body potential sensor, wherein said derived data comprises data relating to calories burned and is generated using at least said data indicative of motion and said data indicative of heart beats.

165. (Canceled)

166. (Canceled)

167. (Currently Amended) A method according to claim 104, further comprising receiving sensor data from one or more sensor devices, said one or more sensor devices measuring said sensor data from the individual, and using said sensor data in addition to said data indicative of ~~one or more measured parameters~~ a first parameter and said data indicative of a second parameter to ~~determine~~ calculate said quantitative status information.

168. (Canceled)

169. (Canceled)

170. (Canceled)

171. (Currently Amended) A method according to claim 104, further comprising the step of generating derived data from at least one of said data indicative of ~~at least one of said a~~ first parameter and said data indicative of a ~~and~~ second parameters, wherein said quantitative status information indicative of the relative degree of achievement of said individual's performance with relation to said physiological status goal is calculated from at least said derived data.

172. (Currently Amended) A method according to claim 124, further comprising the step of generating derived data from at least one of said data indicative of ~~at least one of said a~~

first parameter and said data indicative of a ~~and~~ second parameters, wherein said quantitative status information indicative of the relative degree of achievement of said individual's performance with relation to said physiological status goal is calculated from at least said derived data.

173. (Canceled)

174. (Canceled)

175. (New) A method according to Claim 104 wherein said step of calculating, from said first and second parameters, quantitative status information indicative of the relative degree of achievement of said individual's performance with relation to said physiological status goal further comprises using said life activities data in said calculation.

176. (New) A method according to Claim 124 further comprising the step of receiving data related to said individual's life activities, and wherein said step of calculating, from said first and second parameters, quantitative status information indicative of the relative degree of achievement of said individual's performance with relation to said physiological status goal further comprises using said life activities data in said calculation.

177. (New) A method according to Claim 104 further comprising the step of commutating said data indicative of said first and second parameters to a central monitoring unit, and wherein said step of calculating, from said first and second parameters, quantitative status

information indicative of the relative degree of achievement of said individual's performance with relation to said physiological status goal is performed by said central monitoring unit.

178. (New) A method according to Claim 124 further comprising the step of commutating said data indicative of said first and second parameters to a central monitoring unit, and wherein said step of calculating, from said first and second parameters, quantitative status information indicative of the relative degree of achievement of said individual's performance with relation to said physiological status goal is performed by said central monitoring unit.

179. (New) A method according to claim 104, said data indicative of a first parameter and said data indicative of a second parameter comprising at least two of data indicative of resistance of said individual's skin to electric current, data indicative of heat flow of said individual, data indicative said individual's brain activity, data indicative of a temperature of said individual's skin, said data indicative of impedance of said individual, data indicative of said individual's respiration, data indicative of said individual's body conductance, data indicative of said individual's body resistance, data indicative of said individual's body potential, data indicative of said individual's blood pressure, data indicative of said individual's oxygen consumption, data indicative of said individual's body chemistry sensors, and indicative of said individual's body position sensors.

180. (New) A method according to claim 124, said data indicative of a first parameter and said data indicative of a second parameter comprising at least two of data indicative of resistance of said individual's skin to electric current, data indicative of heat flow of said

individual, data indicative said individual's brain activity, data indicative of a temperature of said individual's skin, said data indicative of impedance of said individual, data indicative of said individual's respiration, data indicative of said individual's body conductance, data indicative of said individual's body resistance, data indicative of said individual's body potential, data indicative of said individual's blood pressure, data indicative of said individual's oxygen consumption, data indicative of said individual's body chemistry sensors, and indicative of said individual's body position sensors.

181. (New) A method according to claim 104 wherein said life activities are manually entered.

182. (New) A method according to claim 124 wherein said life activities are manually entered.